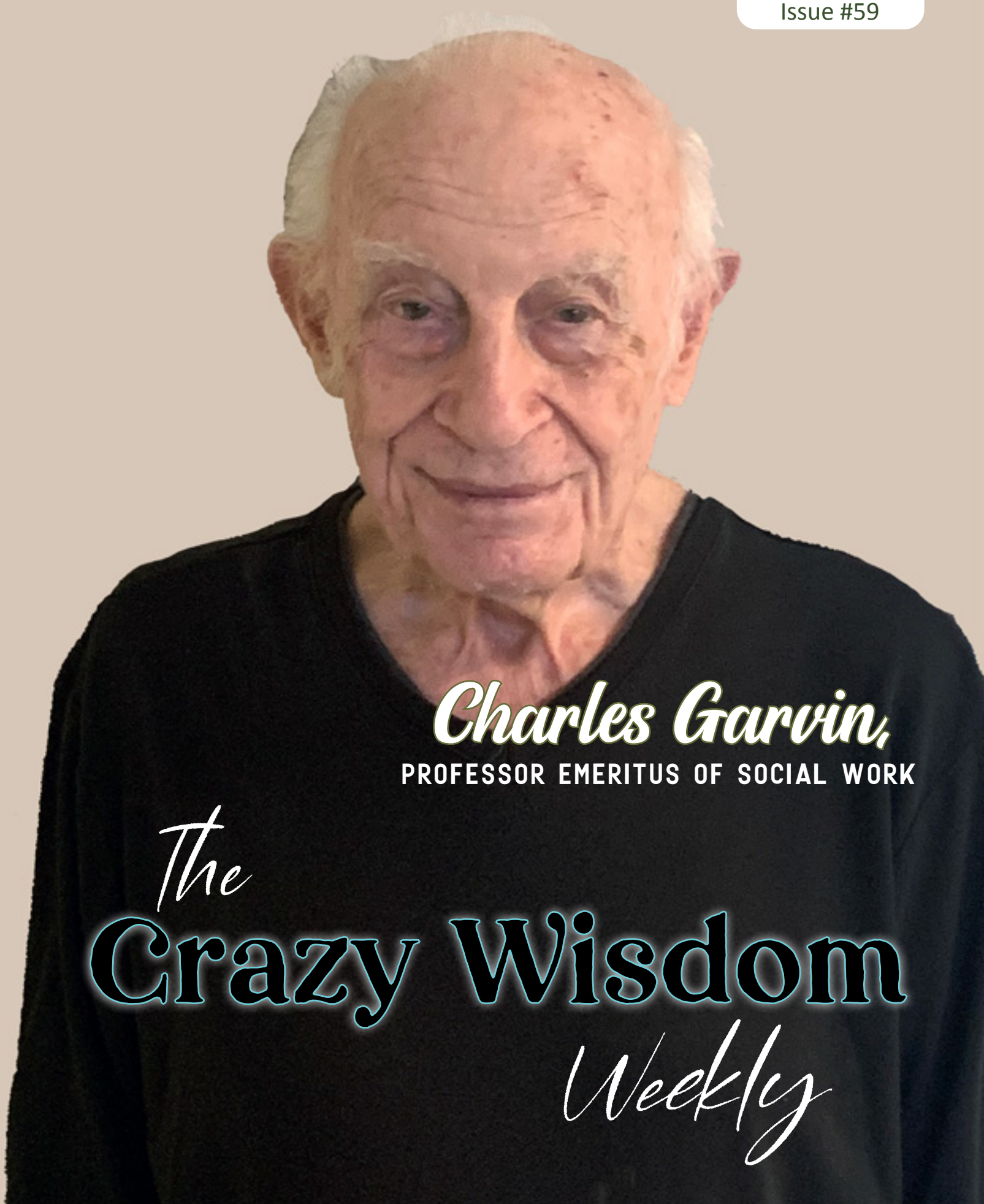
July 2, 2021
Issue #59



Charles Garvin,

PROFESSOR EMERITUS OF SOCIAL WORK

The Crazy Wisdom Weekly

Published by *The Crazy Wisdom Community Journal*.

The Crazy Wisdom Weekly

Table of Contents

Word of the Week ..... page 4

Great Lakes Herb Faire: Learning and Sharing the People's Medicine
By Kirsten Mowrey..... page 6

The Crazy Wisdom Book Pick of the Week... page 7

What's Up in Our Community with Charles Garvin..... page 8

Crazy Wisdom Poetry Series..... page 9

The Crazy Wisdom Weekly Calendar..... page 11

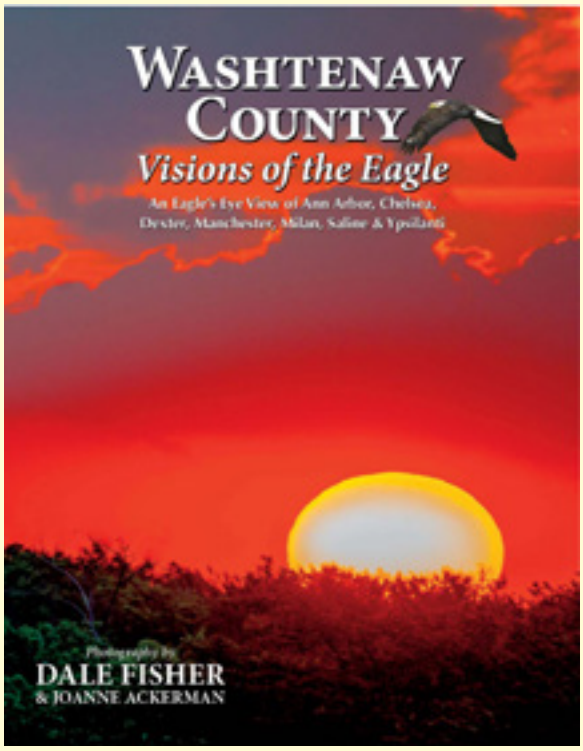
Acupuncture with Dr. Cynthia Esseichick
By Laura K. Cowan..... page 14

A Final Thought..... page 16

There's nothing better than birdsong in the morning.

The Crazy Wisdom Community Journal is looking for a few good writers!

We're specifically looking for writers about food, farms, and local food-related cultural topics. But we're also always looking for writers on other topics for our holistic and conscious living magazine. If you are interested, email a cover note to us, and a few article ideas, to jennifer@crazywisdom.net.



In *Washtenaw County: Visions of the Eagle,* you will experience a lifetime of artistic expertise. This collection showcases all new works. Within these pages, Dale has created a visual story of what makes Washtenaw County one of the best places to work, play, and a great place to call home.

Washtenaw County: Visions of the Eagle Book
by Dale Fisher

The final edition in Dale Fisher's collection of heli-photo artistic coffee table style books. Dale, known as 'the Flying Photographer,' has been flying via helicopter and capturing beautiful photographs of Ann Arbor, Ypsilanti, and surrounding Washtenaw County communities.

Turning the pages helps you to imagine you are traveling along with an eagle in flight.

At 288 pages, and because of the quality of the photographs, this truly is Dale's biggest and best book.

Available at Crazy Wisdom

No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom, Inc., June 25, 2021.

Thank you to our contributors for this issue:

Charles Garvin
Kirsten Mowrey
Laura K. Cowan
Jennifer Carson
Carol Karr
Bill Zirinsky

word of the week:

Malaprop

The mistaken use of a word in a place of a similar-sounding one, often with unintentionally amusing effect.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Belong! Explore! Become!

Find Your Way at The Institute!

Inspire a world of health! Your diploma in Massage Therapy, Natural Health, or Holistic Doula is here.

Call Now to Find Out More!

NITE
NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION

(989) 773-1714 ~ Mount Pleasant, MI
contact@naturopathicinstitute.org
www.naturopathicinstitute.org

Naturopathy
(each year 600 hours)

Natural Health Educator.....1st Year
Natural Health Therapist.....2nd Year
Natural Health Practitioner.....3rd Year
Certified Naturopath.....4th Year

4th Year graduates are eligible for Doctor of Naturopathy National Test & Title

Massage Therapy
Therapeutic Bodywork Practitioner...1 Year

Holistic Doula Practitioner
Certificate Course.....3 Classes
Diploma Course.....7 Months

All Classes Meet on Weekends
Fri: 5-9pm and Sat & Sun: 9am-6pm
Naturopaths: 1 per month - Massage: 2 per month

Individual Classes:
Herbology - Aromatherapy - Nutrition
Live Food Preparation - Light Healing Touch
Reflexology - Homeopathy & Much More

Over 25 Years of Experience ~ Licensed and Accredited

From Our Archives

LEARNING AND SHARING THE PEOPLE'S MEDICINE

By Kirsten Mowrey

Cool wind whistled through the white pines, bringing the first hint of winter on this early September day. I was west of Chelsea, visiting the Great Lakes Herb Faire. The Faire provides classes for herbal and naturopathic practitioners and students, shared ceremony, and time for community meeting. Successful since it began in 2014, the Faire draws herbalists from around the country to speak and present, but its focus remains the Great Lakes region, its plants, and practitioners.

Since its inception the Faire has been held at Cedar Lake Outdoor Center, on the west side of Chelsea, only a ten-minute drive from Interstate 94. Tall white pines and mature deciduous forest surround wood cabins separated by green lawn, and connect to a wildflower-edged lake. I parked and was immediately greeted by Colleen, one of the many volunteers who make the Faire happen. She checked me in, gave me Caitlin Potere's beautiful Faire guidebook, and sent me over to the Pavilion —the largest white tent of many—where people in layered clothing sat in folding chairs. A fire burned nearby, welcome on the cool morning, and other participants sat around it. All was quiet except for the high-pitched voices of children over the hill and the day's keynote speaker, Margi Flint, at the front of the tent.

Flint appeared as one might imagine an herbalist: long white hair to her waist, loose and flowing, with scarves and tunics layered over leggings, and sturdy lace-up boots. Her practice is in Massachusetts, and along with running her clinic, Flint has taught at Tufts Medical School. She is one of the elders of the profession, and her speech—aptly titled "Lessons from an Elder Earth Momma"—exhorted her colleagues to persist in the face of challenges. She related an anecdote about her first time teaching at Tufts. She was aware that she was moving in a different sphere from the usual, and knew the limits and legalities of herbalism, since only physicians, physician assistants, and nurse practitioners are allowed to diagnose and prescribe medication to patients. Given this, she had titled her course "Herbal Treatments for Organ Systems." However, when she got to Tufts, she saw that the sign on the door said "Herbal Medicine." The audience laughed as she said, "Everyone knows who we are. Herbs are the people's medicine." She concluded her talk by saying, "Stand in your power, stand with the plants, share the love." After the applause the audience gradually dispersed, but there was no need to hurry. My schedule listed a comfortable forty-five minutes before my next chosen session: "Marketplace, Silent Auction/Mingling." No rushing was necessary. All my other conferences required hustling from event to event, like being in high school, leaving no time to make a contact, follow up with a speaker, or continue an interesting conversation. Moving to a human-dictated, not technologically-based pace, was part of the pleasure of the Faire, and conveyed respect, dignity, and a welcoming atmosphere throughout my visit.

At the fire I met Nia Aguirre, a naturopath who works at Castle Remedies, in Ann Arbor, and her friends and colleagues Helen Kociba, from Midland, and Rebecca Culley-Healey, from Fenton. All three have attended the Faire since its inception. I asked how the Faire has changed since the first year. Kociba replied that the first year was "fun and exciting, but they have more speakers now, more clinical classes, all the bases." Culley-Healey agreed, noting that they have nailed down the details and that it runs more smoothly. All three agreed that community is the draw for them and is what keeps them attending, in addition to the spiritual and ceremonial aspects.

I drifted from tent to tent observing the courses. In the Pavilion, Guido Masé, from Vermont, lectured on "Herbs for Cognition, Focus, and Brain Health." Guido was direct, intense, and a fast-paced speaker, with a PowerPoint presentation full of slides featuring brains, brain scans, and data. He talked about the clinical protocol for concussion, stroke, and dementia and contrasted that with a wellness protocol for function and performance. His presentation would fit seamlessly at any

university medical school. In the yurt, clinician Maria Noël Groves, from New Hampshire, also used PowerPoint with anatomical slides and data on the topic of "Herbal and Natural Support for Thyroid Health." While the Faire is open to the public, both of these courses were aimed at professionals treating patients, rather than for the purposes of self care or learning about the herbs themselves. For those classes, I moved on to a smaller tent where local herbalist and Faire co-founder jim mcdonald (who prefers lower case letters when writing his name) was talking with Friday's keynote speaker, Althea Northage-Orr, from Chicago. On the table in front of them they had a variety of tinctures—herbs preserved in alcohol and typically administered by drops—all for use as nervines. Nervines are herbs that affect the nervous system, either by toning, calming, or relaxing. Northage-Orr picked up a tincture, read the name, and lectured on how she used it while the sample was passed around for people to smell, taste, and note its effects for themselves. Jim added his knowledge, and then he picked an herb and the cycle began again. People have taught each other this way about the uses and dangers of herbs for thousands of years, and in rural communities in Africa, Asia, and South America they still do. According to Kew Gardens's 2017 State of the World's Plants report, at least 28,187 plants are documented for medicinal use for humans.

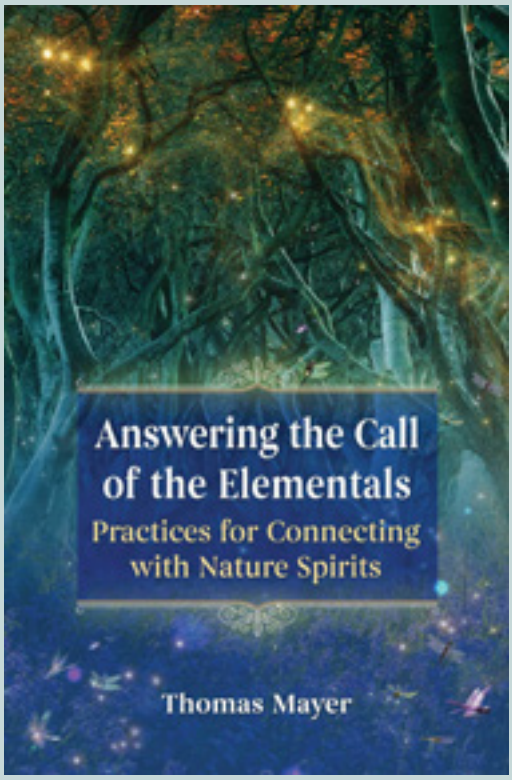
Down by the lake, the members of Abby Artemisia's class on fall foraging stood along the lake's edge, taking notes as she stroked goldenrod flowers. From North Carolina, Artemisia wears the essentials I saw others wearing here: long pants, long sleeves, lace up shoes, and a knife sheathed at her waist. The sky cleared and sun shone down on her as she recommended goldenrod in fall as the antidote to ragweed allergies. People scribbled in notebooks, asked questions, and discussed their own applications.

Moving back to the main tent, I observed the kids' tent in passing. Participants in the "Natural Building for Kids" class ran in and out of the forest and carried limbs, flowers, and branches back to the lawn. A half dozen triangle-shaped lean-tos appeared on the grass in stages, decked with goldenrod and asters, and occupied by their small creators. Daniel Stone, from West Bloomfield, watched over the kids as he has all five years, though his wife, Tina Stone, is the herbalist. He pointed out how free the kids were, playing well with one another. I never heard a cry of distress coming from the kids' tent the entire time I was at the Faire, though their voices were audible throughout the marketplace and class area.

Read the rest of the article online.

Learn more about the 2021 Herb Fair here!

Crazy Wisdom Book Pick of the Week



A glimpse into the unseen magical world of the elementals and how they are connected with humankind

• Explores the hierarchy of elemental beings as well as Christ elemental beings, social elementals, and machine elementals

• Explains how elementals inhabit the etheric space that houses our emotions, feelings, and thoughts and how they carry the emotional level of the world

• Shows how the author learned to make personal contact with the elementals and shares his experiences as well as the elemental world's urgent call for help

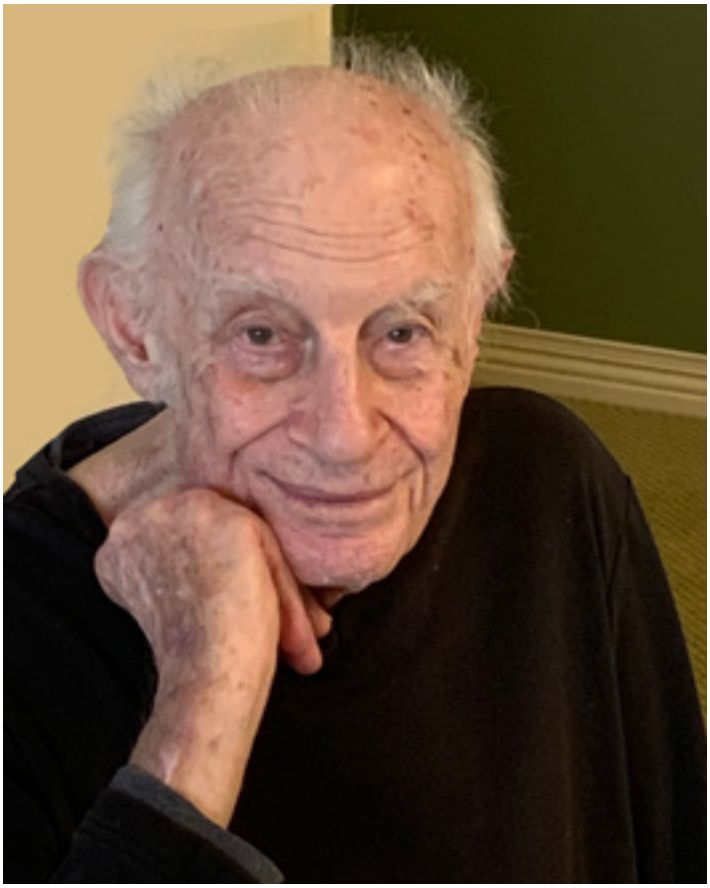
We all live in the realm of elemental beings. They permeate our souls, our thoughts, our feelings, and they co-create the world around us, yet we are often completely unaware of them. They, however, are eager to be perceived and acknowledged by us because their future and ours are fundamentally connected.

Purchase your copy of *Answering the Call of the Elementals* at shopcrazywisdom.com.

What's Up in Our Community

WITH CHARLES GARVIN

Charles Garvin is a Professor Emeritus of Social Work at the University of Michigan, having been a full faculty member for 37 years. Now 92, he has co-authored four books in the last five years: Group Work Research *by Garvin, Tolman and Macgowan in 2016;* Handbook of Social Work with Groups *by Garvin, Gutierrez and Galinsky in 2017;* Social Work and Social Justice *by Reich and Garvin in 2017; and* Socially Just Practice in Groups *by Ortega and Garvin in 2019.*



As a resident of an "assisted living" facility, what was the experience of living through the pandemic for you?

I was considered "independent living" at Glacier Hills. The most difficult things were restrictions on social gatherings in the facility, restrictions on guests, and some issues when I planned to go out. I managed these things so that I wasn't totally cut off, and found it especially useful to do many things, like seeing clients and going to meetings, on Zoom.

As an expert in group dynamics, do you notice anything different in the dynamics between people when the group is meeting online versus in person?

I think a major issue for group dynamics was the limits on how hard it was to have rapid interactions among members of the group, how one could only see the upper part of members' bodies, and some difficulty in reading non-verbal cues.

What was gained, in terms of group dynamics, by meetings on Zoom?

I find it hard to comment on Zoom and group dynamics as I think people I know find ways around Zoom and supplementing it, like meeting in person, perhaps with masks, phone conversations, Facetime, etc. I think people do and will find ways to supplement Zoom as they crave more intimate contact, which everyone I know does.

When all the pandemic restrictions are lifted, what is it that you look most forward to returning to, or maybe even trying for the first time? You were someone who participated in lots of meetings and lunches, and went often to UMS concerts, and you were still seeing a few therapy clients in person.

I look forward to more visits although I was free to leave Glacier Hills and go places with people, like to a Mother's Day event at my son's house in Ann Arbor.

I look forward to being more often with groups of people in appropriate settings. I don't think there is anything I'd try that I haven't done before. It is nice to see people's faces without masks.

It's hard for me to know what life will be like after the epidemic and I hesitate to guess. I think we all should consider this issue and think about it as it evolves. I hesitate to second guess this as this could present an actual reckoning with the reality that emerges.

From your point of view, what would you say was the biggest blessing you received from our pandemic/quarantining months?

Not sure what blessings the quarantine brought other than more opportunities for meditation and reflection.

I'm so sorry for the loss of your wife of 65+ years, Janet Garvin, less than 2 months ago. What was it like to go through such a deep loss with only an online memorial service?

I would have liked more personal interactions with family and friends. Many bereaved people have commented that this was a difficulty due to the epidemic. Many have planned a memorial at some future date, but I am not convinced this would be helpful to me. I need more time to think about this.

As someone who is 92, can you remember your thoughts early in the pandemic, in terms of whether you felt this was a cruelness of fate to be so cut off from family and friends at this stage of your life?

I never thought that. I did wish I had been younger so I could have had more time to pick up the pieces after the epidemic. Never thought of this as a cruelness of fate.

Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson, and Lissa Perrin

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers

July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

TOUCHSTONE

Come Home To Touchstone

560 Little Lake Drive, Ann Arbor, Michigan 48103

New Condos
3 Floorplans
$342,500 - $408,000

9' Ceilings, Maple Cabinets,
Granite Counters, Appliances,
Deck, Walkout Elevations

Call Now 734-323-0019

jane@praxisproperties.com

The Crazy Wisdom weekly Calendar

Bodywork and Body mind Therapies

Bowenwork4kids with Lisa M. Teets • Monthly, Third Sundays: July 18, and August 15 • 3:00 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Visit online at Bowenfix.com. Contact Lisamteets@gmail.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, second Mondays:, July 12, August 9 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: July 4, July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Karma—Opportunities and Challenges (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • July 10 • 9:00 a.m. • What causes the events in our lives to happen? Is it chance or the actions of a higher power—or just cause and effect? This workshop explores the reality of actions and their consequences through guided meditations, individual meditation, and discussion. $25 Jewel Heart Members / $30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month through August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom• Monthly on First Tuesdays, through August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • July 7, 17, 18 • 9:30 a.m. • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. $697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Dreamwork

Dream Encounters (When it's not "just a dream.") with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. • Discuss spiritual and other encounters that can occur during sleep. Examine your dream "tells" that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. $50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • Through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. $10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Moving Meditations: Spiritual Forms for Physical Health with Michelle McLemore, CHTP, Rev. • Saturday, July 10 • 11:00 a.m. • Religions across the world share many of the same moving prayer forms. Research shows the combination of focused thought along with movement increases energy intake & energy flow, raises vibration, and helps the overall physical health. Explore poses that overlap between yoga, Christianity, Islam, and other spiritual, intentional forms. Learn a short moving meditation that combines the health-improving, most utilized poses world-wide, yet is not linked to one set religion or dogma. 1 hour workshop. Participants should bring their own towel or yoga mat. $40. Contact Michelle McLemore at 517-270-0986 to register or visit energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

JUDY LIU RAMSEY
CONSULTANT & PRACTITIONER

Heart To Heart

SHAMANIC HEALING
ANIMAL COMMUNICATION
CLASSES • CEREMONY
CONSULTATIONS

ramsey.judy003@yahoo.com
https://JudyRamsey.net

Fairs and Festivals

Psychic Saturday Party • July 10 • 2 p.m. • At our twice-monthly ESC Psychic Parties, we have a variety of readers and healers for your enjoyment, along with visiting vendors for shopping! WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and healings at one time, under one roof! FREE snacks ~ FREE gifts ~ FREE parking. To see a list of our participants + bios and photos, go to our website, enlightenedsoulcenter.com.

Meditation

Mornings of Mindfulness with Esther Kennedy, OP • July 10, August 7 • 10:00 a.m. • We gather monthly as a Mindfulness Community to deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amp up our capacity to be love within family, neighborhood, city, and world. $15; $40 for all three. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Sufi Chanting, Movement, and Meditations with Imam Kamau Ayubbi • Every Tuesday through August • 6:30 p.m. • Sufi study and celebration via Zoom. Donations $5-10 per class. Contact the Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Freedom: Online Sound Bath with Rob Meyer-Kukan • July 4 • 7:00 p.m. • Join Sound Therapist, Rob Meyer-Kukan, for this celebration of FREEDOM on Independence Day. Singing bowls, gongs, chimes, and more will be combined to bring the listener to a space of relaxed freedom. This sound bath meditation is brought to you in a donation-based model; you may donate at paypal.me/robmk. To watch/listen to this sound bath meditation, visit.youtube.com/robmeyerkukan. FREE. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.

Training for Teaching Youth Mindfulness (2-day workshop) with Rita Benn, Kristin Ervin, and Mary Spence • Tuesday & Wednesday, August 3 - 4 • 9:00 a.m. • Educators and mental health professionals will learn to translate their personal practice of mindfulness into the classroom and clinical setting. We will share ideas on how to address our collective trauma using the skills of mindfulness. We will focus specifically on adapting key mindfulness practices for emotion regulation and stress management. Participants will explore teaching these practices in breakouts with their peers under the guidance of the instructors. Scripts and handouts will be provided. Participants will have opportunity to take time in restorative mindfulness practice in a retreat like, nature setting by the lake. CEU's and SCECH's provided. $255 by July 15; $295 after this date. Contact info@mc4me.org.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg, R.P.T., Certified Essence Repatterning Practitioner • Sunday, July 18, 25, August 1, 8 • 1:00 p.m. • Learn how to create a sacred, protected space to astral travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life, to become more deeply acquainted with ten different aspects of G-D. Learn how to connect to the energy

of each different aspect of G-D, and the special quality that it represents. You may receive invaluable messages and/or answers to compelling questions. $190 for all 4 parts. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Music, Sound, and Voice Singing for Comfort (via Zoom) with Interfaith Center for Spiritual Growth • Second Thursdays: July 8, August 12 • 7:00 p.m. • Music and song for comfort. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Retreats

Joyful Summer Retreat: Kingdom of the Mind—Mind and Mental Faculties with Demo Rinpoche • Friday, August 20 - Sunday, August 29, 8:30 a.m. • The mind is mirror-like, luminous, and rich with possibility. Yet, when obscured by negative thoughts and emotions, we experience life as confusing and harsh. Come explore the mind and its inner workings and gain understanding of how we can fulfill our greatest potential. $475/Jewel Heart Members, $550/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org / retreats. For more information, call Jewel Heart at 734-994-3387 or email to programs@jewelheart.org. jewelheart.org.

Shamanism

Basic Shamanic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • July 10, 11 • 9:00 a.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual guidance. In this class, you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. $140. $160 if paid after July 1. Contact Judy Liu Ramsey at ramsey.judy003@yahoo.com; https://JudyRamsey.net.

Connection & Empowerment with Connie Eiland, Shamanic Practitioner • Saturday, July 10 • 10:00 a.m. • With journeys and divination, this class will advance your skills and improve your connection to Spirit and the web of Life. It will help clarify and strengthen your personal power. Time will be spent partly in nature to assemble a medicine bundle. Ceremony and initiation are included. $180 till June 26, then $220. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Spiritual Development

Peace Generator (via Zoom) with Craig Harvey • Friday, July 16, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution. Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, July 25, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissoJiZen.org.

Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: July 14, August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Acupuncture with Dr. Cynthia Esseichick

By Laura K. Cowan

From Issue #77

Acupuncture. It's one of the least understood of the alternative medicine modalities, partly because many people are nervous of needles, and partly because Chinese medicine is a complex art. But, many people who try acupuncture swear by it. For this edition of Healers of Ann Arbor, I wondered if we could get to the bottom of what acupuncture is best for—more specifically than, you know, everything, which is what people who love acupuncture will tell you.

Dr. Cynthia Esseichick is a well-respected acupuncturist and Chinese medicine practitioner in Ann Arbor, who graciously allowed me to ask questions from a place of ignorance. As many alternative modalities as I've tried for chronic pain issues over the years, acupuncture was never on the list. I'm not sure why, other than no one ever could answer my questions ahead of time that I was able to ask Dr. Esseichick. I hope this saves you some time and trouble if you've been considering acupuncture for a health complaint. I wish you swift healing and peace.

Laura Cowan: Okay so first up, what about the needles? Many people avoid acupuncture because of a fear of needles.

Dr. Cynthia Esseichick: People often are intimidated by acupuncture, because they think "needles" and their only association is with large hypodermic needles. Acupuncture is super relaxing. Most patients fall asleep or feel super zoned out during treatment. You could fit 15 acupuncture needles in a hypodermic needle.

Laura Cowan: Really! I think that might make a lot of people feel more comfortable about trying acupuncture.

Dr. Cynthia Esseichick: Yes. Acupuncture needles are hair fine. We don't needle into veins or nerves.

Laura Cowan: What is acupuncture best used for?

Dr. Cynthia Esseichick: Acupuncture is ideally used as preventative medicine. It can be part of self-care to maintain health and wellness. Life being what it is, people get sick, injured, or experience stressful periods of time. Acupuncture is a wonderful support if you are stressed. It can be used pre- and post-surgery. It's supportive and palliative if you're given a serious diagnosis.

Acupuncture can also be extraordinarily helpful for inflammation, because needles are inserted where large numbers of nerve bundles can tap in. The primary response is to calm the nervous system.

LC: For what complaints do people most often come to your office?

CE: Pain is one of the main things that draws people to acupuncture. Through receiving acupuncture, taking Chinese herbs, and trying cupping, people's pain can go away, and they have a new lease on life. Orthopedic issues are [also a] common [complaint] I see, and also fertility challenges.

LC: How does acupuncture work? How does it help with pain or fertility issues?

CE: Acupuncture takes people from [a state of] fight or flight to rest and digest. Often people find themselves stuck in a chronic [heightened] immune, allergic, or other hyper-alert state. People aren't satisfied with just dulling that and gaining weight or feeling groggy. For day to day, there's a gentler way to work with the nervous system. I see people's lives transformed.

LC: Are there contraindications?

CE: Herbs are one thing I'm extremely careful with. So many people are medicated for everything. I need to be careful with dosing and interactions. There are ways of stimulating the body with gentle heat or acupressure if someone is more sensitive. In other words, there are ways to treat the body using the principles of Chinese medicine using the meridians [without the herbs].

LC: How did you get into this line of work? What makes you love it?

CE: I came to acupuncture as a patient. As a teenager I sustained a number of fairly serious injuries—neck, back pain, migraines on a daily basis. My family doctor told me to toughen up because life was painful, and it would get worse. My best friend said, "talk to my mom, who is studying acupuncture and Chinese medicine."

Read the rest of the article online.

Crazy Wisdom Poetry Featured Readers (via Zoom) with Carolyne Wright, Kelly Fordon, and William Trowbridge • Wednesday, July 28 • 7-9 p.m. • Each night one featured reader will share for 50 minutes, followed by an open mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Wright will share in May, Fordon in June, and Trowbridge in July. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Writers' Workshop: Summer Flourishings with Tarianne DeYonker, OP, MSW • Thursdays, July 15, July 22, July 29, and August 5 • 6:00 p.m. • Come gather with other creative writers for time set aside to express what's been hidden inside but longs to enjoy the light of long summer days. Whether you write as spiritual practice or to give creative expression to your ideas and feelings, consider joining a supportive group of writers and invest the time. Cost: $80 full series. Registration Required. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

How to Get Your Children's Book Illustrated and Published with Upasna Kakroo • Saturday, July 17 • 12:00 p.m. • Upasna Kakroo, illustrator and co-author of the children's book Lil' Danny Runs A Race, will share her journey of how to get from concept to finished product in the genre of Children's Literature. $5. Contact Clementine at fitfundone@gmail.com.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.
Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Beginning/Supported Yoga (online) with Sue Salaniuk • May through August • 10:00 a.m. • Yoga for beginning students or those who wish a more supported approach. $98/week or $15/single class. Contact sue@yogaspaceannarbor.com.

Experienced Intermediate Yoga (online) with Sue Salaniuk • May through August • 6:00 p.m. • For experienced students who are working on inversions or appropriate alternatives. $98/7 weeks $15/class. Contact sue@yogaspaceannarbor.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
May through August 2021 - Issue 77
Cathy King
— The King Family —
Half a Century of Farming, Making Music, Teaching Yoga, and Building Community
HOLLER FEST
Energy Healer and Equine Therapist Sarah DesJardins • Rev. Marie Duquette on One Year of Covid • Conversations with Nature • Great Tastes in Local Food • Whip Jams and Local Musicians • Acupuncturist Cynthia Esseichick • Susan Westhoff of Leslie Science Center • Belly Dancing with Sheila May • How a Pandemic Changed My Life After High School • How the Farmers Market Survived • Friends Lake Cooperative Community • Yoga Column • Events Calendar • And More

The spring issue of
The Crazy Wisdom Community Journal
is here!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara DesJardins, Belly Dancing with Sheila May, the Friends Lake Cooperative
Community, and more!

On shelves now
or

Subscribe Here!

He who marvels at the beauty of the world in summer will find equal cause for wonder and admiration in winter.
—John Burroughs